

## Claims

- [c1] The drink is an low-calorie, hypotonic liquid composition sports beverage and sports beverage concentrate, fortified with Calcium, Iron, Vitamin B, Vitamin C, and Vitamin D, which is especially useful in rehydration and in providing an energy source as well as providing essential vitamins and minerals to physically active women before, during, or after periods of physical activity.
- [c2] The beverage of claim 1 wherein the carbohydrate source is present at a total concentration in a single serving of 1.4 grams.
- [c3] The beverage of claim 2 wherein the carbohydrate source comprises high fructose corn syrup or corn syrup solids.
- [c4] The beverage of claim 1 wherein the low-calorie sugar substitute comprises aspartame.
- [c5] The beverage of claim 1 wherein the electrolyte comprises a group consisting of sodium chloride ions (80 mg) and potassium chloride ions (30 mg) and minor amounts of sodium benzoate, potassium sorbate or potassium phosphate as preservatives.

- [c6] The beverage of claim 1 further comprising a source of Vitamin C wherein said source provides 100 percent of the daily requirement of 60 mg per serving.
- [c7] The beverage of claim 1 further comprising a source of Calcium wherein said source provides 20 percent of the daily requirement of 1200 mg per serving.
- [c8] The beverage of claim 1 further comprising a source of Vitamin B wherein said source provides 10 percent of the daily requirement of 60 mg per serving.
- [c9] The beverage of claim 1 further comprising a source of Iron wherein said source provides 10% percent of the daily requirement of 15 – 18 mg per serving.
- [c10] The beverage of claim 1 further comprising a source of Vitamin D wherein said source provides 20 percent of the daily requirement of 200 iu per serving.
- [c11] The beverage of claim 1 further comprising a source of prebiotic fiber as soluble oligofructose that becomes a selective food source in the large intestine.
- [c12] The beverage of claim 1 further comprising natural and artificial flavors and artificial or natural color.
- [c13] The concentrate of claim 1 wherein said concentrate is in

the form of a syrup suitable for constituting with water to form a final beverage for oral administration of water, physiologically essential electrolytes, nutrient minerals, and carbohydrates to a human body.